

Do well on the FCAT: It's easy as ABC!

Both teachers and students have spent months preparing for the FCAT practicing writing skills and figuring out math problems. The time has come to test their knowledge and skills. Besides sharpening their No. 2 pencils, what else can your students do to score their very best?

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Activity

The day before the test, go for a walk or take a bike ride—any kind of aerobic exercise would be beneficial. Exercise helps the heart pump more blood to the brain. Blood carries oxygen and nutrients, so if you're lacking oxygen and nutrients to the brain, then cognition isn't going to be as sharp. Exercise also releases endorphins, which can reduce stress levels.

Breakfast

Eat a breakfast with high fiber and carbohydrates to give you energy and "brain food" that provide antioxidants such as Vitamin E, as well as omega-3 fatty acids and B vitamins such as folic acid and B12. Try a cup of oatmeal or Cheerios with berries, walnuts, skim milk and a glass of water. A sugary breakfast such as a glazed doughnut and a glass of orange juice is better than nothing, but not recommended because it may give you a sugar high that causes you to crash a couple of hours later. For the same reasons, energy drinks such as RockStar and Red Bull are not recommended.

Chill Out

The night before the test, relax. Take it easy and get to bed early. Aim for at least 7-8 hours of sleep. Set two alarms and give yourself plenty of time to get ready and eat breakfast. Don't rush around and get stressed.